

Corn and Bean Medley

Makes: 4 servings

Chili powder and pepper flakes give a spicy twist to this classic bean and corn side dish.

Ingredients

- 3 tablespoons** corn (liquid drained from canned)
- 1/4 cup** onion (chopped)
- 1 cup** corn (canned, whole-kernel, drained)
- 3/4 cup** kidney beans (dry, cooked)
- 3/4 teaspoon** chili powder
- 1/4 teaspoon** pepper flakes (hot red, optional)

Directions

1. Heat 3 tablespoons of liquid from canned corn in saucepan.
2. Cook onion in liquid until soft, about 2 minutes.
3. Add corn, kidney beans, chili powder, and hot red pepper flakes to onion mixture.
4. Cook over low heat for about 10 minutes.

USDA, FNS, Food Distribution Program on Indian Reservations, Healthy Eating In Indian Country: Diabetes

Nutrition Information

Nutrients	Amount
Calories	100
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	210 mg
Total Carbohydrate	17 g
Dietary Fiber	4 g
Total Sugars	4 g
Added Sugars included	N/A
Protein	4 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available